

A STUDY TO ASSESS THE LEVEL OF STRESS REGARDING COVID-19 AMONG NURSING STUDENTS IN SELECTED NURSING COLLEGES LUCKNOW

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ABSTRACT:

The spread and onset of coronavirus (COVID-19) had a strong impact on the life of people. India was one of the worst-hit countries leading to several deaths, unemployment, and migration. The fear of the unknown had led to instability and poor adjustment among people. Differences in individual personality and their anxiety played a significant role in coping mechanisms with the scenario. COVID-19 pandemic has caused disasters and disorders all over the world. India is also going through a challenging situation as the number of infected/positive cases is increasing day by day. Due to the crisis of COVID-19 education system has come to a halt as schools and colleges are closed to slow down and prevent the spread of infection. Nursing institution also closed down and online mode of teaching was done. The present study sought to evaluate the impact of COVID-19 on mental health among nursing students. OBJECTIVE: To assess the level of stress among the nursing students and to associate the level of stress with selected demographic variables. METHODS: The study design was descriptive and the study was conducted in Career College of Nursing among the 3rd Year GNM, and 4th Year B. Sc. Nursing Students and sample size was 100. The study was approved by research committee and informed consent was taken. Data was analyzed using descriptive and inferential statistics. RESULTS: The study found that 84% had moderate stress 8 % had high perceived stress and 8 % had low level of stress. There were no significant association between level of stress and demographic variables. CONCLUSION: Study reveals that majority of the students had moderate level of stress regarding COVID - 19.

KEYWORDS: Stress, COVID-19, lockdown, Nursing

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Author Ms. Mathew is a Board Certified Nurse Practitioner who is qualified to practice in both primary care and psychiatry; diagnose, treat, and prescribe medication for across the life span including children, adolescents, adults and older adults. She is currently working as a Lead Nurse Practitioner with Park Place Behavioral Healthcare, since 2016, which is a community mental health care facility in Orlando Florida. Some of her practice specialties include (but not limited to) ADHD, Depression, Anxiety and Bipolar. Mathew's style of practice can be traditional (prescribing up to date psychiatric medications) or alternative medicine (natural treatments including but not limited to vitamins, supplements, lifestyle modification, nutrition, exercise and stress management). She believes in the mind/body/spiritual connection, and we are made up as a whole person and not a series of parts, just as Hippocrates "The Father of Medicine."

INTRODUCTION

The pandemic seems to be playing a tremendous change in shaping the behaviors, and it is to realize that the nature and degree of the distress it is causing in the working population. Another study from United States, groups of general psychological responses to the pandemic (ignorant, panic, informed) were identified that differed in their levels of Neuroticism, Openness, Agreeableness and Conscientiousness found in two UK samples that Honesty-Humility was negatively associated with accumulation of behavior and intentions. (Stadler et.al., 2020). Columbus (2020).

NEED FOR THE STUDY

With strict preventive measures and restrictions by the Indian Government in the form of the nationwide lockdown, the citizens are going through a range of psychological and emotional reactions, fear and uncertainty is one of them. Due to its considerable transmissible ability and implementation of lockdown, it has instilled a substantial degree of fear, anxiety, worry, and stress among the population. Though the college was closed and the students were kept in the hostel following the WHO guidelines, the students were stressed out. The researcher realized about the stress among the students and wanted to help them. This study was conducted to assess the stress regarding COVID-19 among nursing students in the selected College of Nursing. This study will help to take necessary measures to safeguard the mental wellbeing of nursing students.

STATEMENT OF THE PROBLEM

A study to assess the level of stress regarding covid-19 among nursing students in selected nursing college, Lucknow.

OBJECTIVES OF STUDY:

1. To assess the level of stress among the nursing students in selected college of nursing.
2. To associate the level of stress with selected demographic variables.

HYPOTHESIS:

There will be a significant association between selected demographic variables and stress regarding COVID-19.

METHODOLOGY:

A descriptive research design was used in the study. The study was conducted in Career College of Nursing, Lucknow. The study was conducted among 3rd year GNM and 4th year B. Sc. (N) students in CCON. Convenient sampling method was used and total sample size was 100.

Description of the tool: The tools have 2 sections.

Part- I: Demographic Variables consists of Age, sex, course and class, religion and family income.

Part-II: Section A: Perceived Stress Scale: Perceived stress scale (Sheldon) is used for this study. It is a free scale. It comprises of 10 items.

Reliability of the score on the PSS -10 demonstrated adequate internal consistency reliability ($\alpha = 0.78$).

Validity of the tool by the experts in the field of Nursing and Psychiatry.

Ethical Permission and Data collection procedure

Permission was taken from the Nursing research committee and the College authorities. The study was conducted between 9.05.2020 to 12.06.2020. Written consent was obtained from the subjects and data was collected using standardized structured questionnaires. Total time taken was 20 minutes for each respondent. Descriptive and inferential statistics was used to analyze the data.

RESULTS:

Distribution of demographic Variables

n=100

The result showed that majority of the respondents 70 % were of age group between 22-24 years. Among the gender 90% were females, 70% were BSC IV year students. Among the religion 74% were Christians.

Percentage distribution of the stress level

The study reveals that 84 % nursing students had moderate stress, 8 % nursing students had high perceived stress, 8% nursing students had low stress.

Table .1: Association between stress and selected demographic variables using

n=100

S. No.	Demographic variable	P value calculated
1.	Age	2.2
2.	Sex	0.2
3.	Course and class	3.6
4.	Religion	1.6
5.	Family income	1.8

According to the association between demographic variables and the level of stress, the calculated P value is more than the level of significance P which was set at <0.05. Result showed that there is no significant

association between the demographic variables age, sex, course, religion and family income with the stress of COVID-19. Hence the Null hypothesis is therefore accepted.

DISCUSSION:

The first objective was to assess the level of stress among the nursing students by using Perceived Stress Scale (PSS). The level of stress regarding Covid-19 was assessed using PSS standardized self-administered questionnaire. The result of the study shows that the majority of the respondents, 84% have moderate stress, 8 % have high perceived stress, and 8 % have low stress.

The second objective was to associate level of stress with selected demographic variables.

The present study findings of the association between stress of respondents with age, sex, course and class, religion and family income shows that the calculated P value is more than the level of significance P which was set at <0.05. Therefore, there is no statistically significant association between stress with demographic variables. The Null Hypothesis is therefore accepted.

CONCLUSION:

The study findings reveals that majority of the students had moderate level of stress. Knowing the fact that the knowledge regarding COVID - 19 can reduce the level of stress, the researcher prepared a pamphlet containing information about corona virus -its management, preventive measures and distributed to all the students.

CONFLICT OF INTEREST:

There is no conflict of interest.

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